

2018 Winter Swimming Lessons



Personal Lessons

Evans Pool

7201 E. Green Lake Dr. N. Seattle, WA 98115
(206) 684-4961

Want to receive regular e-mail updates from us?

Send an e-mail to evanspool-subscribe-request@talk2.seattle.gov

Need some extra help with that backstroke? Need some basic instruction on the basics of swimming? Or, are group lessons not something you are comfortable with? Sign up for our personal lessons and we will cater the lesson to your needs. \$38 per half hour for 1 student.

Want to add an additional student that is the same skill ability? You can add another student for an extra \$13 per class.

PERSONAL LESSON REFUND POLICY: A participant may be issued a refund if he/she drops a lesson, and notifies the program coordinator 14 days prior to the scheduled date. A service charge of \$5 or 10% of the fee - whichever is greater will be retained by the facility. If a participant drops a personal lesson with less than 14 days notice, no refund will be given.

TRANSFER POLICY: Transfers will be accepted for personal lessons with at least 48 hours notice. Any open dates or times may be considered. No transfers will be accepted with less than 48 hours notice.



Save the Dates:

- Pool closed 1/1, 1/15, 2/19 for holidays.
- Registration for Winter begins 12/5/17 at 12pm
- Lessons begin the week of 1/2/18
- Valentines Day potluck 2/10/18 12:00-2:30pm



Seattle
Parks & Recreation

Evans Pool Winter Swim Lessons

Lessons for 6 month - 4 year-olds

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u># Classes</u>	<u>Cost</u>	<u>Barcode</u>
Parent and Child Aquatics Level 1 & 2 6mo - 4 Years Old	Monday	11:30am	1/8-3/19	9	\$67.50	173475
	Tuesday	5:00pm	1/2-3/20	12	\$90.00	173479
	Wednesday	11:30am	1/3-3/21	12	\$90.00	173480
	Wednesday	6:30pm	1/3-3/21	12	\$90.00	173473
	Thursday	6:30pm	1/4-3/22	12	\$90.00	173478
	Friday	11:30am	1/5-3/23	12	\$90.00	173474
	Saturday	10:00am	1/6-3/24	12	\$90.00	173476
	Saturday	3:00pm	1/6-3/24	12	\$90.00	173477

Lessons for 3 year-olds only

3 Year Olds	Monday	11:00am	1/8-3/19	9	\$117.00	173489
	Monday	6:30pm	1/8-3/19	9	\$117.00	173490
	Tuesday	3:30pm	1/2-3/20	12	\$156.00	173497
	Wednesday	11:00am	1/3-3/21	12	\$156.00	173498
	Thursday	3:30pm	1/4-3/22	12	\$156.00	173495
	Thursday	6:30pm	1/4-3/22	12	\$156.00	173496
	Friday	11:00am	1/5-3/23	12	\$156.00	173488
	Saturday	10:00am	1/6-3/24	12	\$156.00	173492
	Saturday	12:00pm	1/6-3/24	12	\$156.00	173493
	Saturday	12:30pm	1/6-3/24	12	\$156.00	173494
	Saturday	1:00pm	1/6-3/24	12	\$156.00	173491

Family Lessons 4 - 10 years old

Family Lessons	Saturday	2:30pm	1/6-3/24	12	\$90.00	173464
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Lessons for 4 - 5 year-olds

Kinder (All Skill levels) 4 & 5 Year Olds	Monday	6:30pm	1/8-3/19	9	\$81.00	173465
	Tuesday	11:00am	1/2-3/20	12	\$108.00	173469
	Tuesday	4:00pm	1/2-3/20	12	\$108.00	173470
	Wednesday	6:30pm	1/3-3/21	12	\$108.00	173471
	Thursday	11:00am	1/4-3/22	12	\$108.00	173467
	Thursday	4:00pm	1/4-3/22	12	\$108.00	173468
	Saturday	10:30am	1/6-3/24	12	\$108.00	173466

Evans Pool Winter Swim Lessons

Lessons for 6 - 17 years old

Class	Day	Time	Dates	# Classes	Cost	Barcode
Beginning Swimmer 6-16 Year olds	Monday	7:00pm	1/8-3/19	9	\$67.50	173457
	Tuesday	4:30pm	1/2-3/20	12	\$90.00	173461
	Tuesday	6:30pm	1/2-3/20	12	\$90.00	173462
	Wednesday	7:00pm	1/3-3/21	12	\$90.00	173463
	Thursday	4:30pm	1/4-3/22	12	\$90.00	173459
	Thursday	5:00pm	1/4-3/22	12	\$90.00	173460
	Saturday	11:00am	1/6-3/24	12	\$90.00	173458
Advanced Swimmer 6-16 Year olds	Monday	7:30pm	1/8-3/19	9	\$67.50	173453
	Tuesday	5:00pm	1/2-3/20	12	\$90.00	173455
	Wednesday	7:30pm	1/3-3/21	12	\$90.00	173456
	Saturday	11:30am	1/6-3/24	12	\$90.00	173454
Pre-Competition 6 - 17 Years olds	Monday	7:30pm	1/8-3/19	9	\$67.50	173481
	Wednesday	7:30pm	1/3-3/21	12	\$90.00	173483
	Saturday	11:30am	1/6-3/24	12	\$90.00	173482
Special Populations 6-17 Year olds	Saturday	2:30pm	1/6-2/10	6	\$45.00	173484
	Saturday	3:00pm	1/6-2/10	6	\$45.00	173486
	Saturday	2:30pm	2/17-3/24	6	\$45.00	173485
	Saturday	3:00pm	2/17-3/24	6	\$45.00	173487

Lessons for 16 years old to Adult

Adult Lessons	Monday	8:00pm	1/8-3/19	9	\$67.50	173449
	Tuesday	11:30am	1/2-3/20	12	\$90.00	173451
	Wednesday	8:00pm	1/3-3/21	12	\$90.00	173452
	Thursday	11:30am	1/4-3/22	12	\$90.00	173450

How to Register for WINTER Lessons:

Registration for **Winter** swimming lessons begins on Dec 5 at noon. You can register in person during regular business hours, over the phone, or online. To register over the phone, call 206-684-4961 or 206-684-5177.

To register online visit www.seattle.gov/parks

Lesson Tips:

- Please register for the correct age group.
- Youth registering for Advanced Youth must have passed Beginner Swimmer and received a card showing they passed.
- Please read lesson descriptions and prerequisites carefully to make sure your child is registered for the correct class.
- Sorry, we cannot give credits or make-up classes or for missed classes.
- A minimum of 4 students is required for all classes (except for 3 year old lessons).



Refund Policy: Anyone who registers for a class, camp, and special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund. Anyone who registers for a for a swim lesson who requests a refund before the second class starts will receive a refund, minus a service charge of \$5 or 10% of the class fee (whichever is greater) and charged for the first day if applicable. Anyone who registers and withdraws from a class after the second class begins will receive no refund.

Swimming Scholarship Fund!

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's Hospital, Tulalip Tribes and the support of many caring individuals—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16. Adults only qualify for 50% off.

Can you make a donation? To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and Recreation swimming pool, or donate online to www.arcseattle.org/get-involved/. For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

Do you know a child who needs a scholarship? To learn more about applying, or to receive a Low-Income Scholarship application, please contact your neighborhood pool. Funding is limited. Approved scholarships can be used for Kinder (ages 4 to 5), Beginning Swimmer (ages 6 to 16) and Advanced Swimmer (ages 6 to 16, and adult lessons 16 and up)

Lessons & Specialty Courses

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

Parent & Child Lessons (Ages 6 months – 4 years) Parents introduce their infants and toddlers to the swimming pool as we teach basic water adjustment and swimming movements. Songs and games create an atmosphere of fun, enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

Three-Year-Olds Lessons (Age 3) Start your child learning basic swimming skills and water safety in a small group with other 3 year olds. We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

Kinder Lessons (Ages 4 & 5) Students will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Front Crawls Stroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We will group children by ability levels on the first day of class. We maintain a 6:1 student to instructor ratio.

Beginning Swimmer (Ages 6 – 16) **Floating, Gliding, Kicking:** Children learn to get comfortable putting their face in the water and practicing floating, gliding and kicking on their front, back and sides. These skills provide the foundation for all other swimming strokes they can learn plus kids learn about personal safety and how to know their limits. **Arm Strokes:** Learning to roll from front to back while performing arm strokes is the next step in mastering the crawls stroke. Once kids are doing that we move on to teaching side breathing. Kids also work on back stroke, strengthening kicking, proper body alignment, treading water and swimming in deep water. **Side Breathing and Whip Kick:** Front Crawl Stroke with bilateral breathing, and an introduction to whip kick are among the skills taught in this level. Children continue to work on strength, endurance and proper techniques. We maintain an 8:1 student to instructor ratio.

Advanced Swimmer (Ages 6 – 16) Swimmers are introduced to other strokes while continuing to increase safety, fitness and skill proficiency. **Prerequisite:** Swimmers must have passed Beginning Swimmer (have received a completion card), be comfortable in deep water and able to swim 15 yards without stopping. They must demonstrate good Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginning Youth Swimmer if there is room. **Learning New Strokes:** Also adds Elementary Backstroke, Breaststroke and Butterfly along with continued practice in Front Crawl Stroke and Backstroke. **Increasing Endurance and Proficiency:** Increased distances and more refinement of the previous strokes along with sidestroke are taught in this course. **Proficiency, Fitness and Water Safety:** Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques. We maintain up to a 10:1 instructor to student ratio.

Pre-Competition (Ages: 6 – 17) Experience the fun of competitive swimming - This class is for students who have successfully completed Advanced Youth Swimmer. The coaches will emphasize improving stroke technique, turns and racing starts, building teamwork, and getting a strong workout for increased endurance.

DIVING (Ages: 6 – 16) Have fun while learning critical safety habits, basic springboard diving skills and proper form while supervised by an experienced Diving Instructor. Work on skill progressions for forward and back approaches, take-offs, forward and back dives, inward dives, and more. **Prerequisite:** Students must have successfully mastered skills in Beginning Youth Swimmer and have the ability to dive from the side of the pool in deep water.
Beginning Diving 1, Beginning Diving 2, Intermediate Diving

Special Populations Lessons (Ages 6-17) These are individual or small group lessons for youth with cognitive, developmental, or physical special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool Coordinators for information at 206-684-4961.